

innovative healthy nutrition options and physical activity opportunities for their students. In 2010, First Lady Michelle Obama incorporated the Healthier U.S. School Challenge awards into her Let's Move campaign, awarding monetary prizes for four levels of performance: Bronze; Silver; Gold; and Gold Award of Distinction, the highest level. Berwyn South School District 100 won six Gold Awards of Distinction and two Silver Awards. Impressively, only 12 Gold Awards of Distinction were awarded in the state of Illinois, and Berwyn South School District 100 won half of them. These well-deserved honors reflect the tremendous dedication of the administrators, teachers, and staff of these schools and of the District and its School Board to improving and sustaining the health and nutrition of the students and the community.

To receive awards from the Healthier U.S. Schools Challenge, schools must demonstrate improvements to the nutrition and physical activity of their students across multiple domains, including breakfast foods, lunch foods, nutrition education, physical education, and physical activity. I wish to highlight some of the changes that schools in Berwyn South 100 adopted to improve the health of their students. Perhaps the greatest achievements are the dramatic improvements to the nutritional quality of the school breakfast and lunch menus. Beginning in November 2010, the District 100 Superintendent, School Board, administrators, principals, and food vendor—Aramark—partnered to ensure that each meal served exceeds the nutrition guidelines for sugar and fat content set by the U.S. Department of Agriculture. To complete this task, school stakeholders met with contracted meal providers to eliminate high sugar options and replace them with whole grains, fresh fruit, and vegetables. In addition, the District instituted a "Breakfast in the Classroom" program as a part of a district-wide policy in elementary classrooms during school hours, reducing school tardiness while increasing student focus. Schools further improved the nutrition of foods during holiday celebrations. For example, classes are encouraged to forgo candy during Halloween celebrations and focus on physical activities that celebrate the holiday and fellowship among classmates. Some schools also created various Parent Universities during the evenings that provide family-based experiences, such as Zumba and yoga, designed to educate and motivate the community to engage in physical activity. Beyond simply implementing these changes, the District 100 Initiative partners monitored the changes to evaluate the success and implementation of the initiative.

I am deeply impressed by the committed partnership among an array of school stakeholders in the Berwyn South District 100 that resulted in such positive systemic change in the nutrition and physical activity of the schools. I commend the following schools and their principals for receiving the Healthier U.S. School Challenge Gold Award of Distinction: Freedom Middle School, Principal James Calabrese; Heritage Middle School, Principal Laura LaSalle; Hiawatha Elementary School, Principal Marilyn McManus; Komensky Elementary School, Principal Jeremy Majeski; Pershing Elementary School, Principal Marilyn McManus; and Piper Elementary School, Prin-

cipal John Fontanetta. I also praise the following schools for receiving the Healthier U.S. School Challenge Silver Award: Emerson Elementary School, Principal Beatriz Lopez; and Irving Elementary School, Principal Mary Havis. I laud Superintendent Fields and School Board President Swicionis for encouraging and supporting these schools in their efforts to improve the physical well-being of their students.

In closing, I recognize Berwyn South School District 100 for its excellence in promoting nutrition and physical activity, and I praise its Superintendent, School Board President, School Board, administrators, teachers, staff, and parents for their commitment to improving the health of our students and communities.

THANKING MR. ALESSANDRO "ALEX" CUSATI FOR HIS SERVICE TO THE UNITED STATES HOUSE OF REPRESENTATIVES

HON. ROBERT A. BRADY

OF PENNSYLVANIA

IN THE HOUSE OF REPRESENTATIVES

Thursday, August 1, 2013

Mr. BRADY of Pennsylvania. Mr. Speaker, on behalf of the entire U.S. House of Representatives, today I pay tribute to Alessandro "Alex" Cusati, the Chief Engineer at the U.S. House of Representatives. Alex was born in Eboli, Italy and first came to the United States as a young man in the Italian Air Force. After his exchange program, he worked for a CBS affiliate in Alabama where he met his wife Tallulah. Alex and Tallulah have two children, Jerry and Genoveffa, and a grandson, Stephen Benny.

Alex has been a dedicated House employee for 36 years and has had an impact not only on the employees working on the Hill, but also on the public at large. Starting as an Engineer in the House Recording Studio, he rose to the position of Chief Engineer in 1995. He was instrumental in running the House's first TV broadcasts in 1979 and bore the daunting task of maintaining and upgrading the data, audio, and video capabilities of all offices within the U.S. House of Representatives. Alex has been responsible for coordinating and overseeing the transition from analog to digital data usage and the implementation of High Definition TV.

Alex was also responsible for the Recording Studio Media Center, which allows remote broadcasts from committee hearings. Additionally, he oversaw the design and opening of the House Floor Broadcasting Control Room in the Capitol Visitor Center. His personnel file, teeming with letters of gratitude for his efforts from Committee Chairmen, House Officers, and staff from foreign dignitaries, is a prime indication of his commitment to the House and his tireless work ethic. He is commended by his colleagues for his institutional knowledge, positive attitude, and uncanny ability to resolve any unpredictable issue.

Alex Cusati will be missed throughout this institution. He is a shining example of the committed men and women who quietly and without fanfare, serve the American people in unique and invaluable ways. Their commitment and unwavering work ethic make it possible for us to conduct the vital work of this

nation. Please join me in commending his outstanding service and wishing him continued success as he takes on new challenges in his retired life.

HONORING ERNEST "JUGGIE" HEEN, JR.

HON. TULSI GABBARD

OF HAWAII

IN THE HOUSE OF REPRESENTATIVES

Thursday, August 1, 2013

Ms. GABBARD. Mr. Speaker, I rise to honor Ernest "Juggie" Heen, Jr., an iconic son of Hawai'i. "Uncle Juggie," as he was known by everyone who loved him, often shared his gift for story-telling, his sense of humor, keen intellect, and love of Native Hawaiian customs and traditions. He was an accomplished musician who performed Hawaiian songs that are rarely heard today.

Born on August 31, 1930, to one of Hawai'i's most prominent political families, Uncle Juggie was the seventh of nine children. Uncle Juggie learned of Hawai'i's unique multi-cultural traditions and political dynamics at a young age. It was with his friends, many of whom were children of plantation workers, that he began the lifelong embrace of people from all heritages and his passion for service.

Uncle Juggie would often tag along with his father who became increasingly immersed in Hawai'i's political scene. One particular event where his father brought food to striking dock workers in the 1940s made a lasting impression on Juggie as a child. From that moment, he committed himself to organized labor in Hawai'i. In the 1960s, Uncle Juggie later went on to serve three terms in the Hawai'i State Legislature.

Uncle Juggie was a mentor to many, especially those engaged in the political process. In 2012, Uncle Juggie was honored with the prestigious Lifetime Achievement award from the Democratic Party of Hawai'i. He was also honored by the Honolulu City Council, the Hawai'i State Office of Veterans Services, and the Department of Defense during the commemoration of the 60th Anniversary of the Korean War.

His older brother, Judge Walter Heen, described Uncle Juggie as "a true character" and one who "had the keen ability to perceive underlying issues that people were glossing over and was able to express the essence of those issues very clearly and succinctly." Always an advocate, in his final years he became a strong and visible proponent for Hawai'i's Death with Dignity movement—giving the terminally ill in Hawai'i complete autonomy over their end-of-life decisions and care.

Uncle Juggie was diagnosed with lung cancer in 1998. Although it went into remission, it returned to his liver and pancreas a few years later. After fighting courageously for more than two years with the support of the many people he mentored, Uncle Juggie passed away on June 30, 2013.

Uncle Juggie, thank you very much (mahalo nui loa) for your service to Hawai'i and our nation. Your legacy lives on in all of us. Love to you. (Aloha oe.)